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First Lady Martha Shelly encourages young parents at the Young Parent Conference at McGee Park Convention Center in Farmington, N.M. on Jan. 25.

### **First Lady Martha Shelly Encourages Young Parents to Continue With Education**

**FARMINGTON, N.M.-** Navajo First Lady Martha Shelly encouraged young parents of San Juan County to continue with school and achieve higher education at the 10<sup>th</sup> Annual Young Parent Conference at McGee Park on Wednesday.

“I encourage you to continue with high school and pursue a higher education. It will be challenging and overwhelming but you will gain self improvement,” the First Lady said to a group of about 130 young parents.

The Young Parent Conference addressed the needs of teen parents in San Juan County, which included teaching parenting skills and transitional skills to independent adulthood.

The one-day conference at McGee Park Convention Center involved a health fair with more than 40 community agencies providing interactive booths.

Young parents earned points from the health expo, which allowed them to shop for diapers, clothes, and blankets in the trading post, a store filled with donated items from the surrounding community.

“Parents, grandparents and family continue to help out and be a support system. Help the young parents become the best parents possible,” the First Lady encouraged. “Conquer high school. Then higher education but always remember you are reaching your goals now for the future of your child.”

The Young Parent Conference was a collaboration of Central Consolidated School District, Office of Youth Development/Boys and Girls Club of Dine Nation, Shiprock Teen Life Center, San Juan County/Tribal Extension, Farmington Parents as Teachers, Navajo Nation Social Services, and Navajo Nation Division of Behavioral Health. Lunch was provided by Office of the First Lady.